



**Parent Guide  
to  
Crime Prevention  
for Teens**



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Materials for this Guide are based on the following sources:

*Raising Streetwise Kids* and *Your Inside Look at Crime Prevention* from the National Crime Prevention Council and available on the NCPC web site [www.ncpc.org/](http://www.ncpc.org/)

*Know the Rules* (2001-02) brochures from the National Center for Missing and Exploited Children. NCMEC web site [www.missingkids.com/](http://www.missingkids.com/)

*Keeping Your Kids Drug-Free: A How-To Guide for Parents and Caregivers*, (2002) National Youth Anti-Drug Media Campaign. Office of National Drug Control Policy web site [www.whitehousedrugpolicy.gov/](http://www.whitehousedrugpolicy.gov/)

*Virginia Alcohol Laws and Parental Responsibility*, Virginia Department of Alcohol Beverage Control web site [www.abc.state.va.us/Education/parent2/parent2.htm](http://www.abc.state.va.us/Education/parent2/parent2.htm)

*Make a Difference: Talk to Your Child About Alcohol*. (2002) National Institute on Alcohol Abuse and Alcoholism. Available for downloading at <http://www.niaaa.nih.gov/>

*Parenting is Prevention* web site sponsored by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention (SAMHSA/CSAP). <http://www.parentingisprevention.org>

For additional information about KIDsafe Virginia:  
Call the Governor's Office for Substance Abuse Prevention (GOSAP) 804-786-9072 or Email: [gosap@gov.state.va.us](mailto:gosap@gov.state.va.us)  
<http://www.gosap.state.va.us/kidsafeva.htm/>

# *A Message for Parents*

Children are Virginia's most precious resource. As teens grow into adulthood, they continue to need the guidance and protection of their parents and other adults in their lives. This Guide is designed to help you talk to your teen about how to guard against personal safety risks often encountered by teens.

The Guide provides you with:

- ◆ Approaches to communicating with your teen;
- ◆ Crime prevention tips for your teen (and you);
- ◆ Strategies your teen can use to avoid alcohol and other drugs and related risks; and,
- ◆ Additional resources for parents.

We know that we can protect teens by teaching them to be smart, strong and safe. As parents, you can:

- ◆ Teach your teens about safety and protection measures;
- ◆ Take an active interest in your teens and listen to them;
- ◆ Teach your teens that they can be assertive in order to avoid risks and protect themselves; and,
- ◆ Most importantly, make your home a place of trust and support that fulfills your teen's needs.



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## **For additional information about KIDsafe Virginia:**

Call the Governor's Office for  
Substance Abuse Prevention (GOSAP)

804-786-9072 or

Email: [gosap@gov.state.va.us](mailto:gosap@gov.state.va.us)

<http://www.gosap.state.va.us/kidsafeva.htm/>

# Parents Matter

## Your words and actions matter

Conflict sometimes comes with the job of parenting, especially when you're talking about touchy subjects such as drug use. Experts say that to create an environment that combines talking with action you should:

Know what your children are doing — their activities and how they spend their time.

Be involved in your kids' lives.

Praise and reward good behavior.

Set limits with clear rules and consequences for breaking them.

Of course, your kids might not like your keeping tabs on where they are and what they're doing. It won't be a democracy, and it shouldn't be, according to many parent experts.

***In the end, it's not pestering, it's parenting.***

## ***Did you know. . . ?***

- ◆ Teens who learn anti-drug messages at home are 42% less likely to use drugs.
- ◆ Two-thirds of kids say that the possibility of losing their parents' respect and pride are two of the main reasons they don't use drugs.

Source: *Keeping Your Kids Drug-Free: A How-To Guide for Parents and Caregivers*, (2002) Office of National Drug Control Policy. [www.whitehousedrugpolicy.gov/](http://www.whitehousedrugpolicy.gov/)

## ***First, you listen.***

**It's important to take time to listen to your kids.**

Try to find time to be with your child when he or she asks to talk to you. Don't say "in a minute" or "not right now." Devote your attention to what your son or daughter is saying, because kids know when you're pretending to listen.

Some ideas for good listening . . .

- ◆ Ask open-ended questions that encourage conversation. Avoid questions that kids can answer with a simple "yes" or "no."
- ◆ Make it clear that you are listening and trying to understand your child's point of view. To show you are listening, you might use phrases like these:

*"Sounds like you're saying . . ."*

*"Do you mean that . . .?"*

*"When that happens to me, I feel like . . .  
Is it like that for you, too?"*

*"Are you saying . . .?"*

*"I'm having a hard time understanding what you're saying. What do you mean?"*

## ***Then, you talk.***

Don't leave your kids guessing.

Tell them very clearly that you don't want them using substances — no tobacco, alcohol, marijuana, ecstasy, or inhalants. Setting a firm rule of no drug use will help your child navigate peer and other pressures to use drugs.

Finding the right words to actually start the conversation can be tough. Find your own words and find times and places that are comfortable for you to talk — like in the car when it's just the two of you, on walks together, or having a snack at the mall.

Here are some examples of rules that parenting experts recommend:

*"If you're at a party and you see that drugs or alcohol are being used, the rule is to leave that party. Call me and I'll come and get you."*

*"I've been thinking lately that I've never actually told you this: I don't want you using alcohol, tobacco, or other drugs."*

*"I love you and I want the best for you, so I don't want you using marijuana or any other drug."*

*"The rule in our house is that nobody uses drugs."*

*"You know, drugs are not games. I don't want you doing them, not now, not ever."*

## Talking about Risky Situations

Part of what you can do as a parent is set limits. Let your kids know that you do not want them in risky situations. Be clear about your rules and expectations:

*"I don't want you riding in a car with a driver who's been drinking or using drugs."*

*"Honey, I love you, but you've got to know I'm your parent, not one of your friends. As your parent, I will not put up with you being in a place where drugs are being used."*

*"It's my job as a parent to keep you safe, so I'm going to ask you questions about whom you're with and what you are doing."*

*"I care enough about you to let you know that I don't want to see anything bad happen to you, and it would be hard not having you in my life."*

# Crime Prevention Tips for Teens (and Their Parents!)

## *Home Alone Tips for Teens:*

Source: *Personal Safety for Children*. National Center for Missing and Exploited Children (<http://www.missingkids.com/>)

- ◆ Check out the house before entering. Go to a safe place to call for help if something doesn't seem right.
- ◆ Lock the door.
- ◆ Call your mom or dad when you get home to let them know you are safe.
- ◆ Never tell callers that your parents aren't home. Instead say that he or she can't come to the phone and offer to take a message.
- ◆ Don't open the door for or talk to anyone who comes to your home unless that person is a trusted family friend or relative and your mom or dad has said it is okay.

## *Baby-sitting Tips:*

Source: *Just in Case You Are Baby-sitting*. National Center for Missing and Exploited Children (<http://www.missingkids.com/>)

- ◆ Carefully screen the families for whom you baby-sit. Recommendations from friends and family help. If allowed in your state, check with law enforcement to see if anyone in the home has a criminal record or history of committing crimes against children.
- ◆ Be sure to interview the family before agreeing to baby-sit. While at the interview, watch to see how the children and parents interact.
- ◆ Arrive at least 15 minutes before the parents depart. Know exactly where the parents will be and how you can reach them. Write down the address and telephone number of

your location. Be sure to ask for their list of emergency telephone numbers including the children's doctor; the police department; the fire department; an ambulance service; the poison control center; and a friend, neighbor or relative who can be called to assist in case the parents cannot be contacted.

- ◆ Carefully go over family rules and daily routines, paying special attention to eating and sleeping arrangements. Ask for a tour of the house. Identify where the first aid equipment is located, and all doors and possible exits. Also discuss, while the children are present, family rules regarding television, online computer use, snacks, bedtime and playmates. Be sure to determine if the children are allowed to talk on the telephone or play with friends while you are there.

## ***Basic Street Sense***

Source: *Raising Streetwise Kids*, National Crime Prevention Council (<http://www.ncpc.org/>)

- ◆ Wherever you are - on the street, in an office building or shopping mall, driving, waiting for a bus or subway - stay alert and tuned-in to your surroundings.
- ◆ Send the body language message that you are calm and confident, and that you know where you are going.
- ◆ Trust your instincts. If something or someone makes you uneasy, avoid the person or leave.
- ◆ Know the neighborhoods where you live, shop and work.
- ◆ Check out the locations of police and fire stations, public telephones, hospitals, restaurants or stores that stay open late.

## ***On Foot***

- ◆ Stick to well-traveled streets. Avoid shortcuts through wooded areas, parking lots or alleys.

- ◆ Don't flash large amounts of cash or other tempting targets, such as expensive jewelry or clothing.
- ◆ Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket, not a back pocket.
- ◆ Try to use automated teller machines in the daytime. Have your card in-hand, and don't approach the machine if you are uneasy about people nearby.
- ◆ Don't wear shoes or clothing that restrict your movements.
- ◆ Have your car or house key in-hand before you reach the door.
- ◆ If you think someone is following you, switch direction or cross the street. Walk toward an open store, restaurant or well lit house. If you are scared, yell for help.
- ◆ Have to work late? Make sure there are others in the building, and ask someone - a colleague or security guard - to walk you to your car or bus stop.

## ***Tips Especially for Runners, Joggers, and Walkers***

### ***Before You Leave***

- ◆ Plan your outing. Always tell someone where you are going and when you will return. Tell friends and family of your favorite exercise routes.
- ◆ Know where telephones are located along the route.
- ◆ Wear an identification tag or carry a driver's license. If you don't have a place to carry your ID, write your name, phone number and blood type on the inside of your athletic shoe. Include any medical information.
- ◆ Don't wear jewelry or carry cash.
- ◆ Wear reflective material.

## ***On the Road***

- ◆ Run or walk with a partner or a dog.
- ◆ Don't wear headsets. If you wear them you won't hear an approaching car or attacker. Listen to your surroundings.
- ◆ Consider carrying a cellular phone.
- ◆ Exercise in familiar areas. Know which businesses or stores are open.
- ◆ Vary your route.
- ◆ Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid poorly lit areas at night.
- ◆ Run clear of parked cars or bushes.
- ◆ Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- ◆ Run against traffic so you can observe approaching automobiles.
- ◆ Trust your intuition about a person or an area. React based on that intuition and avoid areas you feel unsure about.
- ◆ Be careful if anyone in a car asks you for directions. If you answer, keep at least a full arm's length distance from the car.
- ◆ If you think you are being followed, change direction and head for open stores, theaters or a well lit house.
- ◆ Stay alert! Sometimes runners and walkers get lulled into a "zone" where they are so focused on their exercise that they lose track of what's going on around them.

## ***Travel Safety***

- ◆ Keep your car in good running condition. Make sure there is enough gas to get where you are going and back. Always roll up the windows and lock car doors, even if you are coming right back. Check inside and out before getting in.
- ◆ Avoid parking in isolated areas. Be especially alert in lots and underground parking garages.
- ◆ If you think someone is following you, don't head home. Drive to the nearest police or fire station, gas station, or other open business to get help.
- ◆ Don't pick up hitchhikers. Don't hitchhike yourself.

# Alcohol: It's a Drug and It's Dangerous

Source: *Make a Difference: Talk to Your Child About Alcohol.* (2002) National Institute on Alcohol Abuse and Alcoholism. Available for downloading at <http://www.niaaa.nih.gov/>

For young people, alcohol is the number one drug of choice. In fact, teens use alcohol more frequently and heavily than all other illicit drugs combined. Although most children under age 14 have not yet begun to drink, early adolescence is a time of special risk for beginning to experiment with alcohol.

While some parents and guardians may feel relieved that their teen is “only” drinking, it is important to remember that alcohol is a powerful, mood-altering drug. Not only does alcohol affect the mind and body in often unpredictable ways, but also teens lack the judgment and coping skills to handle alcohol wisely. As a result:

- ◆ Alcohol-related traffic crashes are a major cause of death among teens. Alcohol use also is linked with youthful deaths by drowning, suicide and homicide.
- ◆ Teens who use alcohol are more likely to become sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex than teens who do not drink.
- ◆ Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault and robbery.
- ◆ Teens who drink are more likely to have problems with school work and school conduct. An individual who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

The message is clear: Alcohol use is very risky business for young people. And the longer children delay alcohol use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child avoid any alcohol use.

## **Helping Your Teen Handle Peer Pressure**

It's not enough to tell your young teen that he or she should avoid alcohol — you also need to help your child figure out how. What can your daughter say when she goes to a party and a friend offers her a beer? Or what should your son do if he finds himself in a home where kids are passing around a bottle of wine and parents are nowhere in sight? What should their response be if they are offered a ride home with an older friend who has been drinking?

Brainstorm with your teen for ways that he or she might handle these and other difficult situations, and make clear how you are willing to support your child. For example: “If you find yourself at a home where kids are drinking, call me and I’ll pick you up. There will be no scolding or punishment.” The more prepared your child is, the better able he or she will be to handle high-pressure situations that involve drinking.

### ***Six Ways to Say NO to a Drink***

To resist pressure to drink, teens say they prefer quick “one-liners” that allow them to dodge a drink without making a big scene. Here are some simple pressure-busters—from the mildest to the most assertive.

1. No thanks.
2. I don't feel like it—do you have any soda?
3. Alcohol's NOT my thing.
4. Are you talking to me? FORGET it.
5. Why do you keep pressuring me when I've said NO?
6. Back off!

## Parental Responsibility and the Law

Source: *Virginia Alcohol Laws and Parental Responsibility*. (2002) Virginia Department of Alcohol Beverage Control. Download at <http://www.abc.state.va.us/Education/parent2/Parent.pdf>

Some parents provide alcohol to minors at parties. If you're a parent who is thinking about providing, or allowing, alcohol at a party in your home (or elsewhere), you ought to know the laws. Parents may be held responsible if someone, as a result of alcohol use:

- ◆ Gets into a fight and hurts someone.
- ◆ Falls and hurts themselves or someone else.
- ◆ Sexually assaults someone.
- ◆ Damages property.
- ◆ Dies from drinking too much.
- ◆ Injures or kills someone while driving after leaving the party.

You have a civil liability (meaning you can be sued) to pay damages if either a partygoer is hurt or a third person is injured. Virginia law recognizes your liability for negligence if you provide alcohol to a minor who causes injury to another or himself/herself. You also may face criminal charges of contributing to the delinquency of a minor.

Even if the above negative situations do not occur, you may face legal charges for providing, or allowing, alcohol to be used by minors in your home (including your own teen). For example, it is against state law to allow (aid or abet) underage persons to possess or consume alcohol. This is a Class 1 misdemeanor, punishable by up to one year in jail and/or a \$2,500 fine. Purchasing, aiding, abetting or giving alcohol to minors is against the law.

- ◆ It is illegal for anyone under 21 to possess or to consume any alcoholic beverage.
- ◆ Virginia's Zero Tolerance law makes driving under the influence of any amount of alcohol a serious criminal offense for drivers under age 21.

# Protecting Your Child Against Sexual Abuse

- ◆ Always know where your children are, and whom they are with. Let your children know that they can tell you anything, and that you'll be supportive.
- ◆ Teach your children that no one - not even a close relative or teacher - has the right to touch them in a way that feels uncomfortable, and that it's okay to say "no," get away, and tell a trusted adult.
- ◆ Don't force kids to kiss, hug or sit on a grown-up's lap if they don't want to. This gives them control and teaches them that they have the right to refuse.
- ◆ Teach your children that they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others. Teach them to tell you immediately if this happens. Reassure them that you are there to help, and that it is okay to tell you anything.
- ◆ Be sensitive to any changes in a child's behavior or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small cues and clues that something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction. If your child confides in you about a problem, strive to remain calm and nonjudgmental. Listen compassionately to the concern, and work together to get the help needed to resolve the problem.
- ◆ If your child has been abused, report it immediately to police, or to child protective services. In Virginia, contact the Virginia Child Abuse Hotline at 1-800-552-7096.

# Internet Safety Tips for Parents

Source: Adapted from I-SAFE America *"Tips for Parents."*  
Additional information available from [www.isafe.org](http://www.isafe.org)

- ◆ Keep the computer in an open area — not in your child's bedroom. It is much more difficult for a child to go online and view a risky Internet site, or email/chat about questionable content when adults or other family members can see the computer screen.
- ◆ Spend time with your children on-line. Let them show you their favorite web sites and activities. If you are Internet "literate," share your favorite sites and teach your child that there is more to the web than chat and message boards.
- ◆ Chat rooms are great fun, but a chat room is often the initial point of contact with a predator. Talk with your child about who they meet in chat rooms. Ask about the acronyms used in chat rooms. (example: LOL means lots of laughs).
- ◆ Review your computer files often. The accessed Internet web site addresses are stored on the hard drive. When you see a questionable address, check it out yourself.
- ◆ Respect your child's privacy regarding Emails, but ask for a list of all the aliases (user names) used by his/her friends. Ask about any "new" names that appear in the "in" or "sent" basket in your Email program.

# Helping the Victim of a Crime

Source: *Your Inside Look at Crime Prevention*. National Crime Prevention Council (<http://www.ncpc.org/>)

When we think about crime, we usually think about catching the criminal. The victim can get lost in the shuffle. Each of us can help victims. Even little things mean a lot.

- ◆ Don't blame the victim.
- ◆ Don't tell the victim he/she is silly for being upset, angry, or afraid.
- ◆ If the victim hasn't told the police, offer to go with him/her, drive him/her, or help in any way to file a report.
- ◆ Let the victim know you are sorry about what happened.
- ◆ Help the victim repair the damage, install a new lock, or replace important papers.
- ◆ Stay with the victim if he/she is feeling upset or fearful.
- ◆ Be willing just to listen to the victim talk about the crime. It's therapeutic for some victims.
- ◆ Help with transportation, baby-sitting, cooking, or other everyday needs.
- ◆ Accompany the victim to the police station, hospital, or court.
- ◆ Ask what you can do to help in the future, and get back in touch.

**Virginia  
Crime Victim Assistance  
Info-Line**

**1-888-887-3418**

# Personal Safety Resources

## **National Crime Prevention Council**

<http://www.ncpc.org>

Phone: (202) 466-6272

NCPC produces over 100 books, videos, posters, and other effective tools for preventing crime and building safer communities. The web site features free online publications and reproducible brochures on the following topics:

- ◆ Child Safety
- ◆ Conflict Resolution/Anger Management
- ◆ Community Crime Prevention
- ◆ Cyber Crime
- ◆ Don't be a Victim (Personal and Home Safety)
- ◆ Juvenile Crime
- ◆ Neighborhood Watch
- ◆ School Safety
- ◆ Sexual Assault/Date Rape
- ◆ Substance Abuse-Drugs, Alcohol and Tobacco
- ◆ Teens at Risk

The McGruff web site (<http://www.mcgruff.org/>) features:  
Tips for adults on the following topics:

- ◆ Helping Kids Help Out
- ◆ Keeping Children Safe From Strangers
- ◆ Choosing a Safe Camp for Your Child
- ◆ Talking With Children About Recent Events
- ◆ Cybersafe Kids
- ◆ At Home Alone
- ◆ Back-to-School Safety
- ◆ Raising Streetwise Kids
- ◆ Bullies
- ◆ Cultural Diversity
- ◆ Managing Conflict
- ◆ Media Literacy
- ◆ Guns and Other Weapons
- ◆ Bicycle Safety
- ◆ Drugs and Alcohol

## **National Center for Missing and Exploited Children**

<http://www.ncmec.org/>  
1-800-THE-LOST

NCMEC maintains a library of resources, many of which can be downloaded free of charge from the web site. General topics include the following:

- ◆ Child Abduction
- ◆ Child Sexual Exploitation
- ◆ Child Safety Information
- ◆ General Information
- ◆ Internet Safety

The ***Just In Case...Series*** features information for parents and other adults on the following topics:

- ◆ Selecting a baby-sitter
- ◆ Exploitation warning signs and steps to take
- ◆ Preventing parental kidnapping
- ◆ Finding professional help for children who have been kidnapped or sexually exploited
- ◆ Steps to prepare in case your child might someday be missing
- ◆ Steps to take in case your child might someday run away
- ◆ Helping children prepare for testifying in court

## **Parenting is Prevention**

<http://www.parentingisprevention.org>

This web site is sponsored by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention (SAMHSA/CSAP). The site is designed to provide accurate information, support, and resources to assist parents and others in raising children to be healthy, drug-free, productive adults. Parenting resources are available on the following topics:

- ◆ Alcohol and Drug Facts
- ◆ Growing Up Drug Free: A Parent's Guide
- ◆ A Grown-Up's Guide to Youth Popular Culture
- ◆ Keeping Youth Drug Free

- ◆ Make a Difference: Talk to Your Child About Alcohol
- ◆ Parenting Programs in the Workplace
- ◆ Parents Helping Parents Guide
- ◆ Tips for Organizing Alcohol-Safe and Drug-Free Parties
- ◆ Underage Drinking Prevention: Action Guide and Planner

*Note: the publications listed on the previous pages can be downloaded from the web site at <http://parentingisprevention.org/> or ordered from the National Clearinghouse on Alcohol and Drug Information at 1-800-729-6686.*

## **Key National Resources**

### **National Center for Missing and Exploited Children**

Charles B. Wang International Children's Building

699 Prince St.

Alexandria, VA 22314-3175

PHONE: (703) 274-3900

(800) 843-5678

FAX: (703) 274-2200

[www.missingkids.com/](http://www.missingkids.com/)

### **National Crime Prevention Council**

1000 Connecticut Ave., NW, 13th Floor

Washington, DC 20036

PHONE: (202) 466-6272

FAX: (202) 296-1356

[www.ncpc.org/](http://www.ncpc.org/)

### **National Institute on Alcohol Abuse and Alcoholism**

6000 Executive Boulevard - Willco Building

Bethesda, MD 20892-7003

PHONE: (301) 443-3860

FAX: (301) 480-1726

[www.niaaa.nih.gov/](http://www.niaaa.nih.gov/)

### **Office of National Drug Control Policy**

Rockville, MD 20849-6000

PHONE: (800) 666-3332

FAX: (301) 519-5212

[www.whitehousedrugpolicy.gov/](http://www.whitehousedrugpolicy.gov/)

## **Key Virginia Resources**

### **Governor's Office for Substance Abuse Prevention**

202 North Ninth Street, Sixth Floor

Richmond, VA 23219

PHONE: (804) 786-9072

FAX: (804) 786-1807

[www.gosap.state.va.us/](http://www.gosap.state.va.us/)

### **Virginia Center for School Safety**

Virginia Department of Criminal Justice Services

805 East Broad Street

Richmond, VA 23219

PHONE: (804) 371-6506

[www.virginiashoolsafety.com/](http://www.virginiashoolsafety.com/)

### **Virginia Department of Education**

Safe and Drug-Free Schools and Communities Act Program

PO Box 2120

Richmond, VA 23218-2120

PHONE: (804) 225-2871

[www.pen.k12.va.us/](http://www.pen.k12.va.us/)

[www.safeanddrugfreeva.org/](http://www.safeanddrugfreeva.org/)

### **Virginia Department of Fire Programs**

101 N. 14th Street, 18th Floor

Richmond, VA 23219-3684

PHONE: (804) 371-0220

[www.vdfp.state.va.us/](http://www.vdfp.state.va.us/)

### **Virginia State Police**

PO Box 27472

Richmond, VA 23261-7472

PHONE: (804) 674-2000 24-Hours

[www.vsp.state.va.us](http://www.vsp.state.va.us)

## **KIDsafe Virginia Resources**

### ***Parent Guide to Personal Safety for Children***

This Guide will help parents talk with their children about safety measures to protect themselves against harmful situations, including abduction and exploitation.

### ***Parent Guide to Crime Prevention for Teens***

Designed to provide parents with essential information to help teens avoid being victimized, this Guide includes the latest prevention strategies and tips on how to talk to teens.

### ***Personal Safety Lessons***

For students, in kindergarten through 4th grade, lessons will raise awareness and develop skills to help children stay safe. Designed to be taught by law enforcement professionals, lessons are developmentally appropriate, use interactive learning and are keyed to Virginia's Standards of Learning.

### ***Internet Safety Lessons***

Employing the I-SAFE America curriculum, students in grades 5 through 8 will learn how to safely and responsibly take control of their Internet experience. The program will enable students to recognize and avoid dangerous, destructive or unlawful online behavior and to respond appropriately. Parent-oriented Internet safety awareness sessions are a component of the program.

### ***Crime Prevention Lessons***

Lessons on crime prevention for high school students will be offered to school resource officers as part of their law-related education activities. Lessons focus on teen issues, involve interactive learning and are keyed to Virginia's Standards of Learning.

### ***Fire Safety Lessons***

Lessons for students focus on three fire safety themes: smoke alarms, escape routes, and home hazards. Lessons may be taught by classroom teachers or fire safety professionals and are aligned with Virginia's Standards of Learning. Lessons are available online at the Virginia Department of Fire Program's Web site: <http://www.vdfp.state.va.us/>.

### ***KIDsafe Virginia Identification Kits***

By partnering with automobile dealerships across the Commonwealth, free child DNA kits will be available to parents who will voluntarily gather their child's DNA for use in the event the child is missing. Parents will maintain custody of the DNA to help investigators if the need arises.

### ***YADAPP - A Youth Leadership Development Program***

Regional training opportunities to develop youth leadership skills will be provided for teams of high school students who will develop action plans to keep their schools and communities safe and secure. This mentoring opportunity will support leadership development and promote successful student action plans. This training is modeled after Virginia's highly successful Youth Alcohol and Drug Abuse Prevention Project (YADAPP) that has developed youth leaders for nearly 20 years. To learn more about YADAPP, visit <http://www.yadapp.com/>.

### ***Virginia School Safety Toolkit***

Available to K-12 school administrators and public safety professionals, the Toolkit contains a wealth of information on school crisis and emergency management, juvenile law, drug detection and prevention. Many of the resources showcased within the Toolkit were developed in Virginia through the Department of Education and the Virginia Center for School Safety. The Toolkit will support the collaborative work of educators and public safety professionals in order to help ensure the safety of Virginia's youth.

### ***Make-the-Call Hotline***

Using a toll-free hotline, students can anonymously report conditions that they believe could potentially threaten the safety and security of their schools and communities.

**1-866-SAFE VA 1**  
(1-866-723-3821)

### ***KIDsafe Virginia Mailbox***

Students, parents, educators, public safety professionals and all other citizens of the Commonwealth may use this online "suggestion box" to recommend strategies for enhancing the safety and security of youth in schools and communities throughout Virginia.

***[www.vasafeschools.com](http://www.vasafeschools.com)***

## **For additional information about KIDsafe Virginia:**

Call the Governor's Office for  
Substance Abuse Prevention (GOSAP)

804-786-9072 or

Email: [gosap@gov.state.va.us](mailto:gosap@gov.state.va.us)

<http://www.gosap.state.va.us/kidsafeva.htm/>

# Parent Feedback



Dear Parents:

We would like to hear from you! Please take a moment and let us know what you think of the KIDsafe Virginia Parent Guide to Crime Prevention for Teens.

1. Did you find information in the Parent Guide helpful?  
(please circle one)

Very helpful

A little helpful

Not helpful

2. What information was most helpful to you?

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3. What improvements would you recommend for a future Parent Guide?

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4. Other comments about the Parent Guide:

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Please send to the  
Governor's Office for Substance Abuse Prevention

Mail to:  
202 North Ninth Street, Sixth Floor  
Richmond, Virginia 23219

Fax to: 804-786-1807

Email: [gosap@gov.state.va.us](mailto:gosap@gov.state.va.us)



# Notes:

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